

# Good Desserts A-Plenty!

*22 easy  
recipes for*

- ★ Desserts that "stretch" your fruit
- ★ Luscious puddings made with milk
- ★ Refreshing frozen treats

REG. U.S.



PAT. OFF.

## MINUTE GELATIN

PACKED BY MINUTE-TAPIOCA CO., INC., ORANGE, MASS.  
DIVISION OF GENERAL FOODS CORPORATION, MADE IN U.S.A.

# *Directions for Using* **MINUTE GELATIN**

**Y**OU can make many delicious salads and desserts with Minute Gelatin. These basic recipes and their easy-to-make variations may suggest other combinations. When you use this pure, unflavored, granulated gelatin in your own recipes, remember these 6 important points:

1. One envelope of Minute Gelatin will jell 2 cups of liquid. At least 1 cup of the liquid should be boiling or very hot.

2. Mix Minute Gelatin first with a small amount (2 to 4 tablespoons) of cold liquid. (Count this as part of the 2 cups liquid required.) Then add the hot or boiling liquid and stir until gelatin is completely dissolved.

3. Flavorful, vitamin-rich fruit juice may be used as part of the liquid. If sweetened canned fruit juice is used, reduce the sugar in the recipe.

4. Minute Gelatin is an excellent extender for precious rationed canned fruits and vegetables. Use 1 to 1½ cups diced fruit or vegetables to 1 pint chilled and thickened gelatin mixture. Season or sweeten to taste.

5. Never use raw pineapple in gelatin dishes; use cooked or canned pineapple.

6. To unmold Minute Gelatin desserts or salads, dip mold to rim in warm—not hot—water, hold a moment, remove, and dry outside. Then invert serving plate on top of mold and turn over. Shake and lift mold from plate.

## *Foundation Recipe*

### **MINUTE LEMON JELLY**

- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold water
- $1\frac{1}{4}$  cups boiling water
- $\frac{1}{2}$  cup sugar
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup orange juice

Place Minute Gelatin in bowl; add cold water and mix well. Add boiling water, sugar, and salt and stir until gelatin and sugar are dissolved. Add fruit juices. Turn into individual molds. Chill until firm. Unmold. Garnish with fruit or serve with cream. Makes 4 to 6 servings.

*Note:*  $1\frac{1}{2}$  teaspoons grated orange rind may be added, if desired.

### **CANNED FRUIT JUICE JELLY**

Use recipe for Minute Lemon Jelly. Reduce sugar to 4 tablespoons, substitute canned fruit juice for part of water, omit orange juice, and add  $\frac{1}{4}$  teaspoon grated lemon rind. Turn into individual molds. Chill until firm. Unmold. Garnish with fruit. Makes 6 servings.

### **ORANGE AND GRAPEFRUIT DESSERT\***

Use recipe for Minute Lemon Jelly. Chill gelatin mixture until slightly thickened. Fold in  $\frac{3}{4}$  cup diced oranges and  $\frac{3}{4}$  cup diced grapefruit. Turn into individual molds. Chill until firm. Unmold. Garnish with grapefruit or orange sections. Makes 6 servings.

\* For salad, add  $\frac{1}{2}$  cup diced celery.

## BANANA GRAPE MOLD

Use recipe for Minute Lemon Jelly. Chill gelatin mixture until slightly thickened. Fold in  $\frac{3}{4}$  cup diced bananas and  $\frac{1}{4}$  cup seedless grapes. Turn into individual molds. Chill until firm. Unmold. Serve with cream. Makes 6 servings.

## PEAR MOLD

Use recipe for Minute Lemon Jelly. Reduce sugar to 3 tablespoons and use fruit juice for part of liquid. Chill gelatin mixture until slightly thickened. Fold in  $1\frac{1}{2}$  cups diced canned or sweetened fresh pears and  $\frac{1}{2}$  teaspoon grated orange rind. Turn into individual molds. Chill until firm. Unmold. Garnish with fruit. Makes 6 servings.

*Note:* For variation, omit orange rind and add 3 whole cloves to water before heating. Remove cloves before adding boiling water to gelatin and cold water.

## GRAPE JUICE MOLD

Use recipe for Minute Lemon Jelly. Omit orange juice, reduce boiling water to 1 cup, and add  $\frac{1}{2}$  cup hot grape juice. Turn into individual molds. Chill until firm. Unmold. Garnish with fruit or serve with cream. Makes 4 to 6 servings.

## JELLIED PEACH RING

Use recipe for Minute Lemon Jelly. Reduce sugar to 2 tablespoons and substitute hot canned peach juice for water. When gelatin mixture is slightly thickened, fold in 2 cups canned sliced peaches. Turn into ring mold. Chill until firm. Unmold. Makes 6 servings.

## FRESH BERRY WHIP

- 1½ cups raspberries or sliced strawberries
- ⅓ cup sugar
- 2 tablespoons lemon juice
- 1 envelope Minute Gelatin
- ¼ cup cold water
- ¾ cup boiling water
- ⅛ teaspoon salt

Crush berries slightly. Add sugar and lemon juice and let stand 10 minutes. Force ½ of berries through sieve and add water to make ¾ cup. Place Minute Gelatin in bowl; add cold water and mix well. Add boiling water and stir until gelatin is dissolved. Add salt and sieved berries. Place in bowl of ice and water. When slightly thickened, beat with rotary egg beater until foamy throughout. Fold in remaining berries. Turn into bowl or pile in sherbet glasses. Garnish with whole or sliced berries. Makes 5 servings.

## COCONUT SNOW PUDDING

- 1 envelope Minute Gelatin
- ¼ cup cold water
- 1¾ cups boiling water
- ½ cup sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla
- ¾ cup Baker's Premium Shred Coconut
- 2 egg whites, stiffly beaten

Place Minute Gelatin in bowl; add cold water and mix well. Add boiling water, sugar, and salt and stir until gelatin and sugar are dissolved. Add vanilla. Place in bowl of ice and water. When slightly thickened, whip with rotary egg beater until foamy throughout. Fold in coconut and egg whites. Turn into 8x8-inch pan. Chill until firm. Cut in 1-inch cubes. Pile in sherbet glasses or turn into bowl. Serve with custard sauce. Garnish with coconut, if desired. Makes 10 servings.

## *Foundation Recipe*

### **IVORY CREAM**

- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold milk\*
- $1\frac{3}{4}$  cups hot rich milk\*
- 2 tablespoons sugar
- Dash of salt
- $\frac{1}{2}$  teaspoon vanilla

Place Minute Gelatin in bowl; add cold milk and mix well. Add hot milk, sugar, and salt and stir until gelatin is dissolved. Chill. When slightly thickened, add vanilla. Turn into sherbet glasses or individual molds. Chill until firm. Serve with jam, marmalade, or any desired sauce. Makes 4 servings.

\* Equal parts evaporated milk and water may be used.

### **ORANGE CREAM MOLD**

Use recipe for Ivory Cream. When gelatin is dissolved, add  $\frac{1}{2}$  teaspoon grated orange rind. Mold as directed. Serve with mixed fruit or cream.

### **POSTUM CREAM MOLD**

Use recipe for Ivory Cream. Dissolve 3 teaspoons Instant Postum in hot milk. Decrease vanilla to  $\frac{1}{4}$  teaspoon. Mold as directed. Serve with chocolate sauce.

### **LOG CABIN CREAM MOLD**

Use recipe for Ivory Cream. Decrease milk to  $1\frac{3}{4}$  cups and substitute  $\frac{1}{3}$  cup Log Cabin Syrup for sugar. Omit vanilla. Mold as directed. Serve with cream.

## CHOCOLATE CREAM MOLD

- 1 square Baker's Unsweetened Chocolate
- 1  $\frac{3}{4}$  cups rich milk
- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold milk
- $\frac{1}{3}$  cup sugar
- Dash of salt
- $\frac{1}{2}$  teaspoon vanilla

Add chocolate to 1  $\frac{3}{4}$  cups milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater to blend. Place Minute Gelatin in bowl; add cold milk and mix well. Add hot chocolate mixture, sugar, and salt and stir until gelatin and sugar are dissolved. Add vanilla. Place in bowl of ice water. When slightly thickened, whip with rotary egg beater until foamy throughout. Turn into mold. Chill. Unmold. Serve with cream. Makes 5 or 6 servings.

## MINUTE AMERICAN CREAM

- 2 egg yolks, slightly beaten
- 1  $\frac{3}{4}$  cups milk
- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold milk
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  teaspoon salt
- 2 egg whites, stiffly beaten
- 1 teaspoon vanilla

Add egg yolks to 1  $\frac{3}{4}$  cups milk in top of double boiler. Cook until mixture coats spoon, stirring constantly. Place Minute Gelatin in bowl; add cold milk and mix well. Add hot egg-milk mixture and stir until gelatin is dissolved. Dissolve sugar and salt in hot mixture. Chill. When slightly thickened, fold in egg whites and vanilla. Turn into molds. Chill until firm. Unmold. Serve plain or with crushed fruit or berries or chocolate sauce. Makes 6 servings.

## *Foundation Recipe*

### **VANILLA ICE CREAM**

- 2 teaspoons Minute Gelatin
- $\frac{1}{4}$  cup cold milk
- $\frac{3}{4}$  cup hot milk\*
- $\frac{1}{2}$  cup sugar
- Dash of salt
- 2 cups light cream\*
- 1 teaspoon vanilla

Place Minute Gelatin in bowl; add cold milk and mix well. Add hot milk and stir until gelatin is dissolved. Dissolve sugar and salt in hot mixture. Add cream and vanilla. Freeze in refrigerator tray. When partially frozen, remove from tray and beat with rotary egg beater until fluffy and smooth. Return to tray and freeze 30 minutes longer; stir. Freeze until firm. Freezes in 3 to 4 hours. Makes 1 quart.

\* Hot milk may be increased to  $1\frac{1}{4}$  cups and light cream decreased to  $1\frac{1}{2}$  cups.

### **FRESH FRUIT ICE CREAM**

Use recipe for Vanilla Ice Cream. After beating partially frozen ice cream, fold in  $\frac{3}{4}$  cup crushed, sweetened, fresh fruit.

### **GRAPE-NUTS ICE CREAM**

Use recipe for Vanilla Ice Cream. After beating partially frozen ice cream, fold in  $\frac{1}{2}$  cup Grape-Nuts.

### **TOASTED COCONUT ICE CREAM**

Use recipe for Vanilla Ice Cream. Beat partly frozen mixture and fold in  $\frac{3}{4}$  cup toasted Baker's Premium Shred Coconut.



## CHOCOLATE ICE CREAM

Use recipe for Vanilla Ice Cream. Increase sugar to  $\frac{2}{3}$  cup. Add 1 to  $1\frac{1}{2}$  squares Baker's Unsweetened Chocolate to  $\frac{3}{4}$  cup milk and heat in double boiler. When chocolate is melted, beat with rotary egg beater until blended. Add hot chocolate mixture to Minute Gelatin and milk mixture and stir until gelatin is dissolved. Then dissolve sugar and salt in hot mixture. Add cream and vanilla. Freeze.

*Note:* To use cocoa instead of chocolate, add  $\frac{3}{4}$  cup milk gradually to 3 to  $4\frac{1}{2}$  tablespoons Baker's Breakfast Cocoa, stirring until smooth. Heat cocoa mixture and proceed as directed above.

## CHOCOLATE NUT ICE CREAM

Use recipe for Chocolate Ice Cream. After beating partially frozen ice cream, fold in  $\frac{1}{2}$  cup chopped nut meats.

## ORANGE SHERBET

- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold water
- $\frac{3}{4}$  cup boiling water
- $\frac{3}{4}$  cup sugar
- Dash of salt
- $1\frac{1}{4}$  cups orange juice
- $\frac{1}{4}$  cup lemon juice

Place Minute Gelatin in bowl; add cold water and mix well. Add boiling water, sugar, and salt and stir until gelatin and sugar are dissolved. Add fruit juices. Turn into freezing tray of automatic refrigerator, setting control for coldest freezing temperature. When partially frozen, remove from tray and beat with rotary egg beater until fluffy. Freeze 30 minutes longer; stir. Then freeze until firm. Freezes in 3 to 4 hours. Makes 1 quart.

## *Foundation Recipe*

### **JELLIED VEGETABLE SALAD**

- 1 envelope Minute Gelatin
- $\frac{1}{4}$  cup cold water
- $1\frac{1}{2}$  cups boiling water
- 2 tablespoons sugar
- 1 teaspoon salt
- 4 tablespoons vinegar
- 1 teaspoon minced onion
- 2 tablespoons chopped green pepper
- $\frac{3}{4}$  cup finely shredded cabbage
- $\frac{3}{4}$  cup shredded raw carrots

Place Minute Gelatin in bowl; add cold water and mix well. Add boiling water, sugar, and salt and stir until gelatin and sugar are dissolved. Chill. Combine remaining ingredients and let stand to marinate. When gelatin is slightly thickened, add vegetable mixture. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Makes 5 to 7 servings.

### **BEET SALAD MOLDS**

Use recipe for Jellied Vegetable Salad. Increase sugar to  $2\frac{1}{2}$  tablespoons and vinegar to 5 tablespoons. Omit carrots and add  $\frac{3}{4}$  cup diced cooked beets. Turn into individual molds. Chill until firm. Unmold on crisp lettuce. Garnish with sections of hard-cooked eggs.

### **CARROT SALAD MOLDS**

Use recipe for Jellied Vegetable Salad. Substitute  $\frac{1}{2}$  cup diced cooked carrots for shredded raw carrots. Reduce cabbage to  $\frac{1}{2}$  cup and add  $\frac{1}{2}$  cup diced celery. Turn into individual molds. Chill until firm. Unmold on crisp lettuce.

## HOW TO WHIP LIGHT CREAM

- 1 1/4 teaspoons Minute Gelatin
- 2 tablespoons cold water
- 1 cup light cream\*
- Few grains of salt

Place Minute Gelatin in small bowl; add water and mix well. Heat over boiling water until gelatin is dissolved, stirring constantly. Remove from boiling water. Add cream and salt. Place in bowl of ice and water and whip immediately with rotary egg beater 5 to 7 minutes, or until mixture begins to hold shape around side of bowl. Remove from ice water. Stir until smooth. Or chill mixture in refrigerator. When thickened, beat until fluffy. Return to refrigerator to set slightly. Stir.

Store this whipped cream in refrigerator until needed. Mix well before using.

\* Cream 2 or 3 days old whips best.

## MINUTE MAYONNAISE SPREAD

- 1 envelope Minute Gelatin
- 1 tablespoon cold water
- 3 tablespoons boiling water
- 1/2 cup fresh or evaporated milk
- 1/2 cup mayonnaise or salad dressing
- 1 cup (1/2 pound) butter

Soften Minute Gelatin in cold water. Add boiling water and stir until gelatin is dissolved. Add milk and blend. Add gelatin mixture gradually to mayonnaise and stir until smooth. Cool until thickened. (Do not chill in ice water.) Let butter stand in warm place. Work with spoon until very soft, but not melted or oily. Add mayonnaise mixture to softened butter, a fourth at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. Makes 2 1/2 cups or enough for 20 sandwiches, using 2 tablespoons for each.

# *Easy Way to* **S-T-R-E-T-C-H** **BUTTER** *with* **MINUTE GELATIN**

## **MINUTE BUTTER-SAVER SPREAD**

- $\frac{1}{2}$  pound butter or margarine
- $1\frac{1}{4}$  teaspoons Minute Gelatin
- $\frac{1}{4}$  cup cold milk\*
- $\frac{3}{4}$  cup hot milk\*
- $\frac{1}{2}$  teaspoon salt

Let butter stand in warm place. Work with spoon until very soft, but not melted or oily. Place Minute Gelatin in bowl; add cold milk and mix well. Then add hot milk and salt and stir until gelatin is dissolved. Cool to lukewarm. Add to softened butter, a small amount at a time, beating with rotary egg beater after each addition until blended. Store in covered dish in refrigerator. This spread keeps well for several days; use within a week. Makes 2 to  $2\frac{1}{4}$  cups.

\*  $\frac{1}{4}$  cup cold water and  $\frac{3}{4}$  cup hot evaporated milk may be used. Mix water with gelatin.

**Note:** To make half this recipe, use  $\frac{3}{4}$  teaspoon Minute Gelatin and  $\frac{1}{2}$  other ingredients.